

SP KE LIFE

FALL 2017

Pedal through Mesa
on U.S. Bike Route 90

Emma's story: A
helmet saved her life

WinterFun at WinterFest:
Party in the Park returns



Greetings from Spoke Life MESA

Here in the U.S., the Western states have embraced cycling more than peer cities on the East coast. Why? In my research, I found most studies credit the robust public transportation systems found on the East Coast. Out West, the suburban sprawl and younger cities have made public transit options less convenient and less robust.

While Americans can take pride in our new growing bike culture, our cities and towns can still glean a lot of lessons learned and best practices from research and analysis of these ubiquitous in European communities who have celebrated bicycle travel for decades.

For example, in Denmark, 16 percent of all trips—and 25 percent of trips less than 3 miles—are made by bike. It’s estimated that half of Copenhagen residents bike to work or school. Bike ownership is another big indicator of ubiquitous bicycling culture: 90 percent of Denmark’s population own a bike while only 56 percent own a car.

Bicycling culture and a city’s infrastructure must be looked at as closely related. The city’s whose roads support cycling by reducing barriers such as inconvenient routes and perceived threats to safety, succeeds and draws a strong ridership from their residents. Mesa’s urban environment is currently evolving, we are seeing a shift toward purposeful infrastructure design that integrates multiple goals into City’s landscape. The public spaces we construct communicate a direct reflection between and encourage the two-wheeled lifestyles we support.

As Mesa’s bike enthusiasm increases, we are continuing to add more bicycle infrastructure such as separated bicycle lanes, shared use paths and public bike parking. Mesa will also build the overall local cycling culture into that of a world class bicycling city. To date, we have more than 578 miles of designated bike facilities in Mesa. Join me in riding those trails and paths to promote a culture of cycling in our city.



Jim Hash
City of Mesa Transportation Department
Bike & Pedestrian Program Manager



The City of Mesa has proudly ranked a “Silver Status” as a Bicycle Friendly Community by the League of American Bicyclists since 2015. Mesa’s Bicycle and Pedestrian Program provides many services and educational opportunities to enrich the safety of cyclists and pedestrians in the City. The goal of the Bike and Pedestrian Program is to increase the ridership and activity throughout the City to increase the benefits residents can take advantage of from this affordable and healthy form of transportation.



SpokeLife Mesa was recently honored by the Public Relations Society of America as a finalist in the 2017 Copper Anvil Awards, which celebrates excellence in public relations and communication. The spring 2017 issue was honored in the “print magazine” category and competed against publications from the state of Arizona.



Jackie Dishner, Contributor is a mountain bike enthusiast, journalist and author of *Backroads & Byways of Arizona* (The Countryman Press, 2010), has been riding for 15 years. For one of her assignments in this issue of SpokeLife magazine, she finally learned how to change a flat tire. But she’s still not giving up thick inner tubes.

Meghann Finn Sepulveda, Contributor is a local freelance writer and communication professional. A native of New York and ASU grad, Meghann enjoys spending her free time running, cooking and volunteering at the school where her children attend. She lives in the East Valley with her husband and three children.

Gretchen Pahiar, Contributor is an Arizona native and NAU alum. She keeps active by running, working out, playing sports and watching movies with her husband and two kids. Gretchen has been writing in the Valley for more than 15 years and is Principal and Owner of Media by Connection.

Ryan Glusser, Cover Photographer: As an event, wedding and commercial photographer who loves spending time with his family, Ryan has a passion for all things photography. In his spare time, he collaborates with a team of rad local creatives creating short films.

Amy McConnell, Editor-in-chief is a City of Mesa PIO by day and a lover of shopping local, supporting the slow-foods movement and connoisseur of Broadway shows by night. This is SpokeLife’s second issue with Amy at the helm.



City of Mesa Bike & Pedestrian Team: Mark Venti, Jim Hash, Ashley Barinka, Al Zubi and Maria Angelica Deeb (left to right)

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BICYCLE AND PEDESTRIAN PROGRAM

www.mesaaz.gov/bikeped

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Sign up for e-notifications on Mesa’s Bike & Pedestrian Program at mesaaz.gov/bikeped

Report potholes, graffiti, street light outages and more, download the City’s free mobile app. Search Mesa CityLink to download from the App Store or Google Play.

MesaBikePedProgram

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I BIKE MESA



Donna Canale

Age: 53
City of Mesa
Architect and Senior
Plans Reviewer

Two-wheel bio: I’ve been road riding for more than 35 years, and mountain biking for 22 years—I love it. I commute to work at least once a week on the bike, and am in the process of moving closer to my office so I can commute even more. One of my proudest moments as a rider was being the first female finisher of the 50 kilometer Tour de Mesa road race.

Miles per year: I consistently ride about 4,000 miles annually, including both road and mountain biking.

Where I ride: I’ve been hitting up the McDowell Mountain Preserve, Userly Mountain Regional Park, and the Hawes Trail in Mesa recently.

Favorite thing about riding in Mesa: The roads are smooth for bikes and the bike lanes are marked and wide. I also love the Desert Trail Bike Park!



Wayne Churchman

Age: 63
Retiree, currently serving as Event
Director for El Tour de Mesa

Two-wheel bio: I started biking back in 1976 when my wife and I moved to Mesa; I was a bike commuter for work. Since then, for the past 40+ years, I’ve been riding and racing on two-wheels. I’ve gotten involved in the local cycling community as well—I co-founded the Red Mountain Bicycle Club in Mesa and was the first municipal Bicycle Coordinator in the state of Arizona for the City of Scottsdale. Right now I’m a current board member of the Coalition of Arizona Bicyclists and the Event Director for El Tour de Mesa, presented by Perimeter Bicycling Association of America, Inc.

Miles per year: Last year I rode more than 25,000 miles and I’m on target to beat that this year.

Favorite thing about riding in Mesa: I love the wide streets, great bicycle lanes and routes, the great weather (most of the year), and the great friends I have made over the years riding together.



U.S. Bike Route 90

New Route to Connect Cyclists from Florida to California

By Jackie Dishner

Touring cyclists have a new route to follow in Arizona, and a portion of it brings you through Mesa. United States Bicycle Route 90 (USBR 90) is part of a 12,000-mile, 25-state network of cross-country touring (and eventually interconnected) routes named by the American Association of State Highway and Transportation Officials (AASHTO) and mapped by the Adventure Cycling Association.

AASHTO designated the Arizona portion (574 miles) of USBR 90 in 2015. When fully designated, it will follow a marked path across the entire southern end of the country, from California to Florida. So far, only Florida and Arizona have completed the required work.

Michael Sanders, Bicycle and Pedestrian Program Coordinator for the Arizona Department of Transportation is on the team that applied for the Arizona designation. His job involved working with stakeholders and gathering concurrences (approvals) from these cities, towns, counties and advocacy groups. The process involved 15 stakeholders in the Phoenix Metropolitan area alone, and almost double the number outside the Metro area. He hasn’t ridden the entire route himself, but says the Arizona portion follows a series of roads, highways, side streets and off-road byways (canals, for instance) from the border at Rodeo, New Mexico to the border of California at Ehrenburg.

Signs are not yet up, so riders follow the turn-by-turn directions and maps offered on the ACA website [<https://www.adventurecycling.org/routes-and-maps/us-bicycle-route-system/>].

Dave Babcock of Tempe gave it a try. He rode the entire route on



Photos: Arizona Department of Transportation



his recumbent bike, breaking up his tours into two trips. He spent five days riding the west portion this past March and six days last year to explore the eastern half. He clocked about 60 miles each day, blogging about it at crazyguyonabike.com.

“For the most part, it is on roads that are fairly low traffic, and it makes use of bike paths whenever possible,” he wrote last October.

The Arizona route includes towns that visitors want to explore, such as Bisbee, Tombstone and Elgin-Patagonia wine country. It passes desert landscape that cyclists like to see, including the grasslands of Southern Arizona, the Hassayampa River in Wickenburg, and the Superstitions near Mesa. The route takes riders to off-road pathways including The Loop in Tucson and Arizona Canal in Phoenix.

USBR 90 also includes services that touring cyclists need, such as hotels, campgrounds, restaurants and bike shops—many of them locally owned. For local communities, the route is anticipated to be an economic boon. It will also encourage communities to think of new ways to attract this type of tourism.

In Cochise County, for example, a new bike camp just opened offering shelter, a picnic area and hot showers. Apache Junction added new bike paths on the Apache Trail. Mesa will benefit with cyclists riding near its active downtown area and past local bike shops, mom and pop restaurants and locally-owned Bashas’ grocery stores. It will introduce riders to the Superstition Mountain Museum, Userly Mountain Recreation Area and Lost Dutchman State Park. They may veer off Apache Trail and ride toward Canyon Lake.

“These routes must connect to sites tourists want to see,” says Sanders, “and revisions can be made as we go along.”

Movies In the Park

By Gretchen Pahia



Photo credit: Ryan Glauser

Lights.. Camera.. Action! Movie lovers: Time to grab the blankets, picnic dinners and more as Saturday night movies in the park are returning to Mesa. Families, friends and even your well-behaved pets are welcome to this year's events. Presented by The City of Mesa's Bike and Pedestrian Program, visitors are encouraged to ride their bikes or walk to the movies.

Movie-goers are encouraged to arrive early to save the best seats in the park, have time for kids to play at the playground and grab a bag of free kettle korn (thanks to SRP!) before the feature film begins.

This year's movie line-up includes the LEGO Batman Movie, Smurfs Lost Village, Cars 3, and a special Halloween throw-back screening of Hocus Pocus.

For the most up-to-date information, or to invite your friends and neighbors to the movies, check out the Bike and Pedestrian's page on Facebook (Facebook.com/mesabikepedprogram) where they'll share reminders about each showing. We will see you at the movies!

		FEBRUARY		Red Mountain Park 6:30pm Despicable Me 3
SEPTEMBER		03		
16	Harmony Park 7:00pm Finding Dory	03	MARCH	Palo Verde Park 7:00pm Smurfs Lost Village
OCTOBER				
07	Mountain View Park 6:30pm Hocus Pocus	28	APRIL	Skyline Park 7:30pm Cars 3
NOVEMBER				
04	Escobedo Park 6:00pm LEGO Batman	05	MAY	Summit Park 7:45pm Emoji Movie

How to Fix a Flat

By Jackie Dishner

The last thing any of us want is to be stuck on a bike path or trail with a flat tire. It's worse if you don't know how to fix it yourself. If you should ever be in that predicament, here's the least you need to know about how to fix a flat, with help from Travis Jones of Mesa's Two Wheel Jones bike shop.



Start with these tools: two plastic tire levers, extra inner tube and air pump.

➔ **Step 1:** Assuming work is on the back tire, first remove the back wheel from the bike. To do that, shift the back tire's derailleur to the outside gear (the smallest cog) and then pull the noodle clasp out of the break caliper. Open the quick release lever, hold the bike in place at the seat and lift the tire up and away from the frame.

➔ **Step 2:** Remove the inner tube from the wheel by holding the tire, facing outward, with one hand. With the other hand, pinch the tire, exposing the inside of the rim. Insert the tire lever into that space and underneath the tire bead (one side of tire only). Affix the other end of the lever onto the spoke below to hold the tire in place. With a second lever, pry the bead outside the rim. Remove both levers and set them aside. It may take some force, but remove the entire tire from the rim, and the inner tube from the tire.

➔ **Step 3:** Inspect the rim for sharp objects or open spoke holes. Inspect the tire's outside. Using the old inner tube, wipe the inside of the tire to remove any thorns, nails or other sharp objects. Look for cuts or debris.

➔ **Step 4:** Pull out the new tube and pump a little air into it so it holds its circular shape. Place it around the rim. Insert the inner tube valve through the valve hole on the rim. Pull one tire bead fully onto the rim. Massage the tube inside the open bead by walking it around the tire with your fingers. Pull the second bead, the other side of the tire, over the rim until only a fraction is left. Release the air in the tube so it flattens. Pinch one side of the tire to create slack and then twist it like a towel to pry it the rest of the way on.

➔ **Step 5:** Re-inflate the tire and re-install the wheel by setting the chain on the outer cog. Guide the rear axel, rotating the derailleur backwards and away from the cog, so that the frame drops in place. Hold the bike in place by pressing down on the seat. Close the quick release. Reposition the brake caliper. Check the function of the axel, gears and brakes. Make any final adjustments, and your bike is ready to ride.

With practice, changing a tire should take no more than five minutes.



Join us as we celebrate departed loved ones in a festive and traditional manner observed for centuries across Mexico. The Day of the Dead Festival will feature live entertainment, delicious food and drinks, traditional face painting, an altar contest, a colorful Mercado featuring an assortment of Dia de los Muertos merchandise, jewelry, arts and crafts and a large-scale, artist-created community altar.

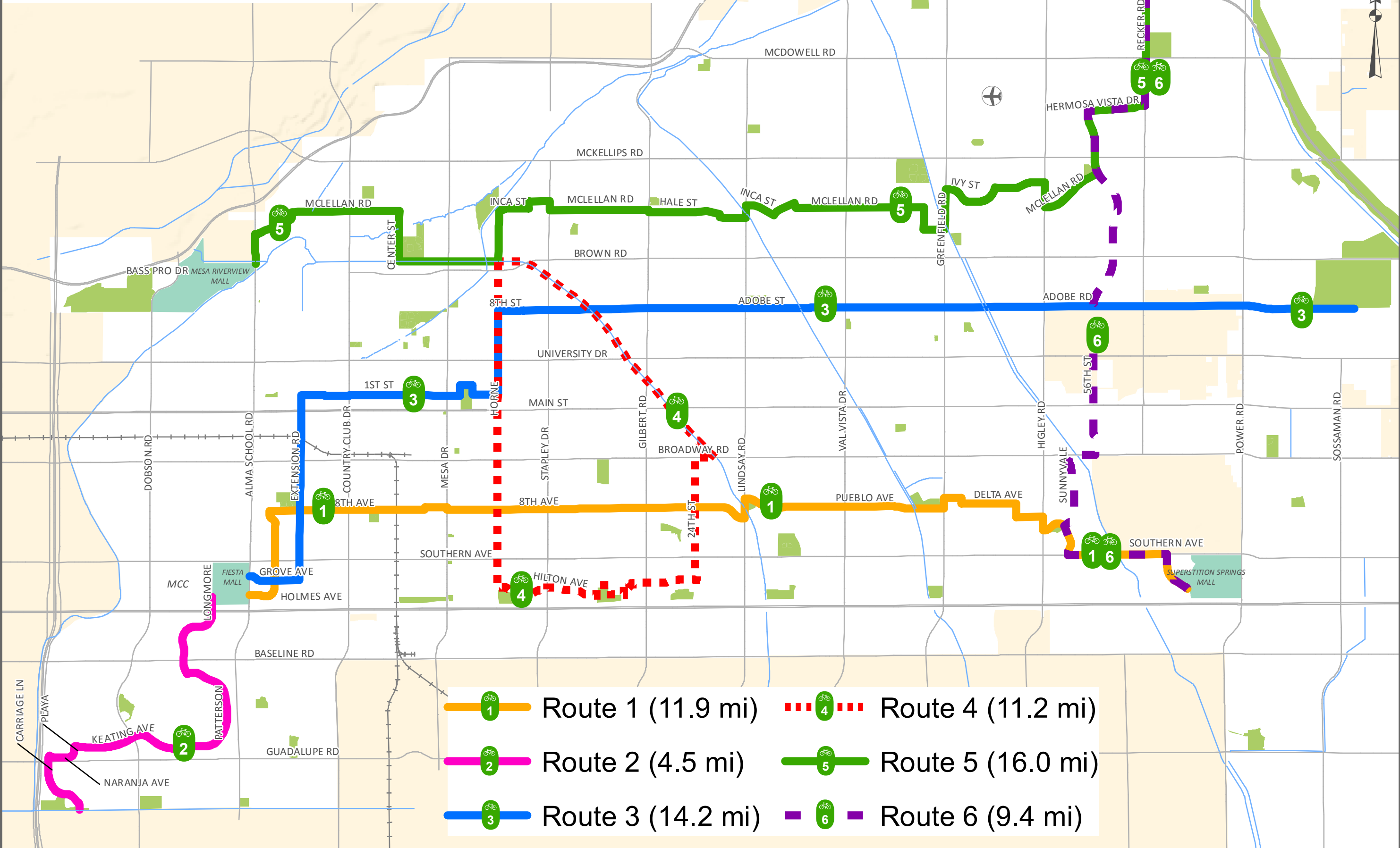
Individuals, families and schools are invited to participate in an Altar Contest sponsored by the Mexican Consulate of Phoenix and the Mesa Association of Hispanic citizens.

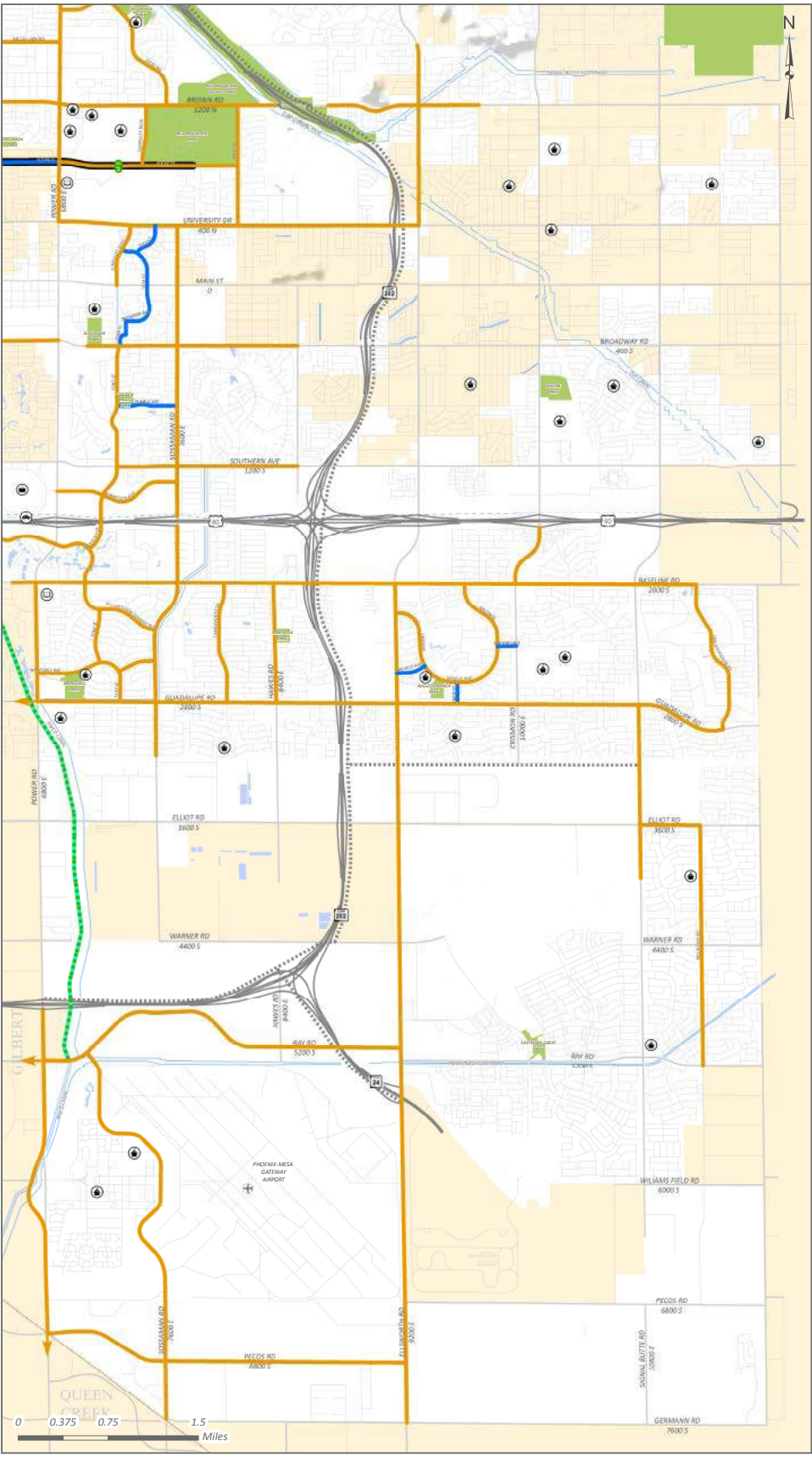
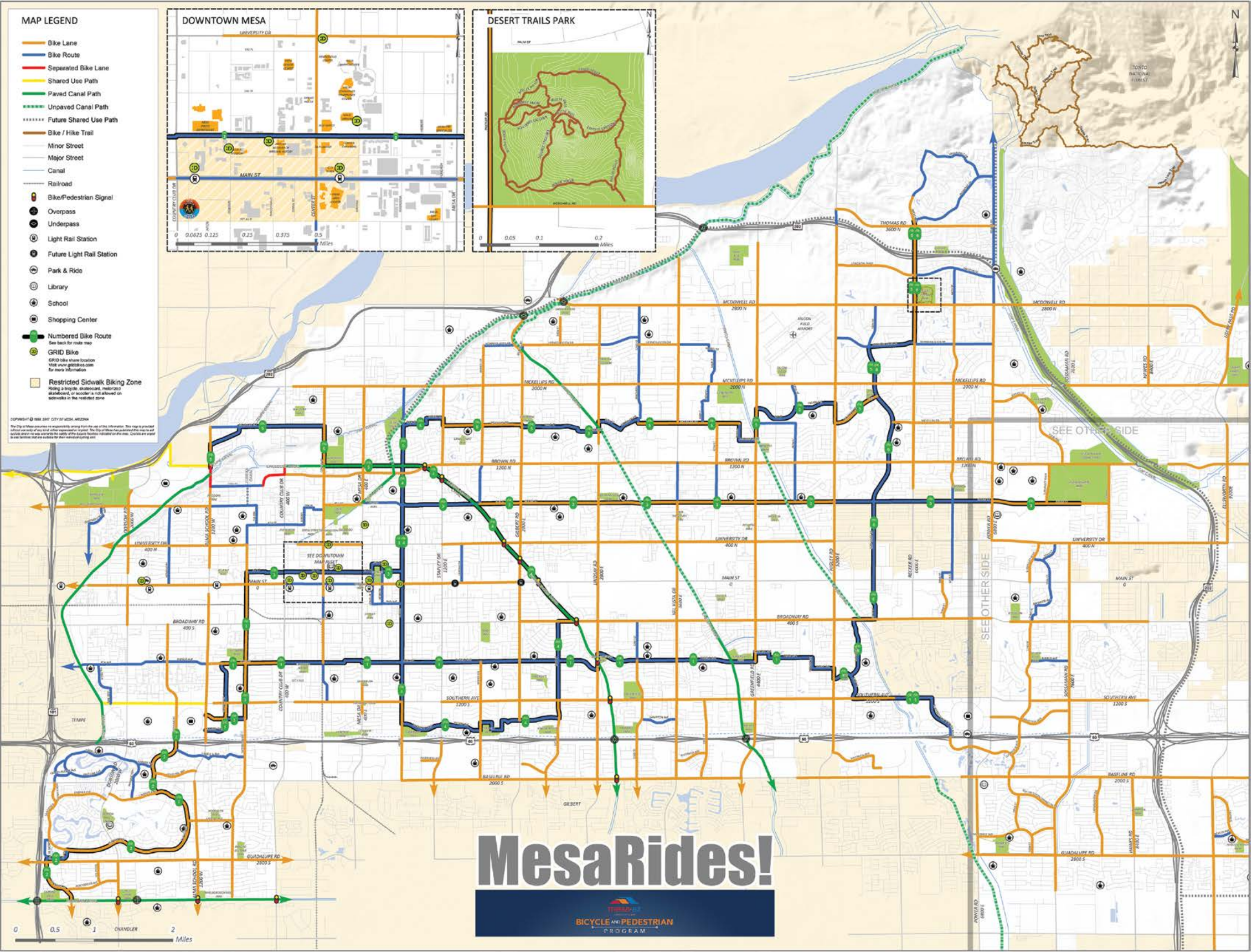


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NUMBERED MESA BIKE ROUTES





Helmets save lives: Emma's story

A helmet ensured this 8-year-old's full recovery

By Meghann Finn Sepulveda

It was a typical Sunday afternoon. Eight-year-old Emma Basques and her younger sister Audrey were riding bikes with friends in front of their home. Like always, Emma wore a helmet and looked both ways as she waited for a car to pass before she began to cross the quiet neighborhood street. However, on that fateful day, Emma was unaware that another vehicle was coming towards her and she was struck. In that instant, the Basques' feared the worst.

The Impact

Just a few feet away, Emma's parents, Cherise and Arick, immediately ran to their daughter. The driver of the Jeep, who was going approximately 20 mph when he hit Emma, stopped his vehicle. "We were all screaming," recalled Cherise. "I didn't know how badly Emma was injured, so I tried to keep her still while my husband called 911." Emma had a noticeable gash on her knee that was caused by her bicycle handle. She was shaking uncontrollably. Neighbors quickly brought blankets and tried to calm Emma while they waited for paramedics to arrive.

Emergency treatment

Emma was taken by ambulance to a nearby hospital where she was evaluated and underwent several tests to determine the extent of her injuries. "It was very scary waiting for the doctors to tell us her prognosis," Cherise said. Results of the CT scan showed Emma suffered a skull fracture, along with bleeding and swelling in her brain, which is common in a bicycle-related injury. The Centers for Disease Control and Prevention (CDC) estimates there are 26,000 bicycle-related injuries annually among children and adolescents who experience traumatic brain injuries. "A follow-up MRI demonstrated Emma's brain injury was stable and we learned that her helmet ultimately saved her life," Cherise explained. Emma spent five days in the pediatric intensive care unit, also recovering from a hip fracture and knee fracture. On January 22, 2017, just six days after the accident, Emma was discharged from the hospital.



Photo credit: Ryan Glauser



Road to recovery

Following the accident, Emma experienced blurred vision and dizziness, which slowly healed on its own. She completed three months of occupational therapy, speech therapy and physical therapy. Today, Emma is doing well but has apprehension about crossing the street. "She holds my hand now and stays very close to me," Cherise explained.

Passionate about prevention

The Basques' are extremely thankful Emma's injuries weren't life-threatening and they hope their story will encourage other parents to enforce the use of helmets. Experts say that is the first step in preventing an injury. "We know that the use of helmets reduces the risk of a brain injury by 88 percent," said Jon McGreevy, M.D., an emergency room physician at Phoenix Children's Hospital. "Helmets should be worn when a child rides a bike, scooter or skateboard." McGreevy says that while any helmet is beneficial, it's important to find the right size and fit. "The helmet should touch the head on all surfaces and be relatively tight, allowing only one finger through the chin strap," McGreevy said. "If it's too loose, the helmet will not protect the child properly and may even fall off." In addition to wearing a helmet, experts say that children should walk their bikes when crossing the street and ride on the right side of the road, going the same direction as traffic. The Basques' have an important takeaway from this ordeal. "We now encourage bike riders to always look left, look right and then left again before crossing the street," Cherise said. "Something that simple could prevent an accident from occurring."

Photos: Courtesy of the Basques Family



Children as young as five can benefit from bike safety classes, offered by the City of Mesa's Bike and Pedestrian Program. During the 30-minute class, a certified safety educator teaches kids the basic safety rules for riding and highlights the importance of helmet safety. Kids get fitted for a free helmet they get to take home that day.

All children's bike classes are free and offered at various Mesa library branches.

Fall classes are offered on October 11 at the Red Mountain Library from 3-4 p.m., and December 13 at the Main Library from 4-5 p.m. Pre-registration is required at: mesalibrary.org/events.

Emma spent five days fighting off a brain injury in the children's intensive care unit.

Emma's road to recovery included three months of occupational, speech and physical therapy

Nutrition for Cycling

By Jackie Dishner

Using steam on your bike rides? Maybe it's time to take a look at what you're eating to fuel those rides. Despite frequent advice that limits carbohydrates (carbs, for short), San Antonio-based nutritionist Cassandra Garcia, owner of fedandfit.com, says cyclists don't have to be shy around healthy carbs. "Vegetables like plantains or beets, even potatoes, provide necessary minerals and vitamins needed for exercise," she says, "and you don't even have to eat them naked." Add grass-fed butter, if you tolerate dairy, or heart-healthy avocado oil for flavor.

You'll slow down, too, if you're skimping on proteins. Garcia recommends healthy proteins three times a day.

Muscles need refueling and the most optimal time to enjoy those carbs and proteins is one hour after exercise, she says, "That's your recovery time." That's when you can enjoy proteins and sugars. Chocolate milk has both. Other options include dried fruits, fatty nuts, bananas, almond butter, or easy-to-digest white rice, protein shakes and other pre-digested foods, such as slow-cooked meats like shredded chicken.

If you're participating in a long race or ride, Garcia says the body will perform better if you stay hydrated and load up with pasta not one day, but two days before the big day. The night before the race, she recommends a lighter option: grilled chicken, broccoli and roasted beets, and a good night's sleep.

To increase your speed, hydration is key. To determine how much you need, she says take your weight in pounds and divide it by two. That's your starting point. So if you weigh 170 pounds, you should be drinking 85 ounces of water daily, more if the ride is extra long.

The time you eat also weighs in. At least three hours before your ride, you want to fuel up with proteins and fats. Try a hard-boiled egg with a little mayo on top, she says. "It'll give you just the right amount of energy your body will



Stuffed Date
For a simple snack, take a Medjool date, remove the pit, add a spoonful of almond butter (or other nut butter) in the hole, add a pinch of sea salt, and you've got a quick snack you can take with you on your ride. "It might get a little messy," she says, "but they're meant to be bite-sized."

Homemade Hydration
You can make your own hydrating refreshment simply by adding a pinch of sea salt to a bottle of coconut or watermelon water. "Instant electrolyte!" she says, "It provides potassium and sodium—minerals your body needs to function properly."

Calculate how much water you should drink daily by dividing your body weight by two; that's the number of ounces you should aim to consume.



need without over-fueling, which can make some people feel nauseated."

People just beginning a cycling program will probably notice a tightness, soreness or other aches and pains in the glutes, legs, and even arms. Garcia says it's an inflammatory reaction from the exercise and is perfectly normal. Her answer for reducing that inflammation is leafy greens, but not raw.

Cooked leafy greens, such as spinach or kale, will pack more power for you in volume and density. "They may lose some vitamin C during the cooking process," she says, "but you can replenish that with just a squeeze of lemon juice."

Cooked greens work with your liver, as do vitamins and minerals, to detox or remove that lactic acid build-up that occurs post-exercise, causing that inflammation.

Garcia says you can tell if you're nutrient deficient by paying attention to how long your body stays sore. If you're still feeling pain after four days or more, if you're really tired, too, you're probably still not getting enough fuel and hydration.

Eat more, drink more, and don't skip your rides.

Adventure Awaits You in Mesa

2017 Mesa Adventure Challenge Is Almost Here

By Gretchen Pahia

On your marks.. Get set.. GO! It is that time of year again when hundreds of people converge on downtown Mesa for the annual Mesa Adventure Challenge. This event is a two to four-mile exciting adventure race and scavenger hunt.

Teams of two to eight people will solve clues (find the historical character from the Lower East Side born October 28, 1756), head to points of interest (do you know where the Cinderella mural is?) and compete in fun challenges along the way (just a blind-folded jaunt through a park with your friends guiding you!).

The Mesa Adventure Challenge is an entertaining experience for people from across Arizona. 2016 participant Kjirsten Syversen says it is definitely a good time for all. "It was a fun way to get out of the house and explore Mesa. The Adventure Challenge took us to places that we would not normally go, and using our feet and GPS to get there. I loved the friendly competition between teams, and the different activities that we did at each stop."

This year's event will be held on October 28th from 12:00 – 2:30 p.m. The race will begin and end at Desert Eagle Brewing Company in downtown Mesa and will take participants anywhere between 1.5 to 2.5 hours to complete. Wrapping up the challenge at the brewery invites



Photo credit: Slaven Gujic

participants to linger longer in downtown Mesa to meet locals at the local watering hole.

Anyone over the age of 12 can take part, making this a fun way to get many people involved. Teams are encouraged to wear costumes and dress up—prizes are awarded for best costume.

For more information and details on signing up, visit: <http://mesaaz.gov/things-to-do/mesa-adventure-challenge>.

Special for SpokeLife Mesa readers, get half-off the Mesa Adventure Challenge registration fees with code **MESA50**.

Bottom left: Team Pumpkin Spice was ready for whatever spooky tricks the clues led them to.

Top right: Race participants solemnly swear.

Bottom right: The race is family friendly for kids over 12. Here, the Wood family tackles one of the latitude/longitude clues to determine their next stop on the race trail.



100% Chance of Snow in Mesa

Annual CycloMesa WinterFest Guarantees WinterFun for Everyone

By Gretchen Pahia

There's no play like snow play, just ask the folks behind the annual CycloMesa WinterFest. The yearly event is a party in the park created to increase helmet safety awareness for winter snow sports and biking. Great for the entire family, kids and adults alike are invited to come out and play in 20 tons of snow, ride a mechanical snowboard, learn how to properly wear a helmet and get some basic information on concussions. Past attendees like Cortni McConnell say the event was an amazing time for her and her family. "My family and I spent all day enjoying the snow and fun activities, not to mention all of the delicious food trucks to choose from. One thing that I enjoyed most about the event was how family-friendly and pet-friendly it was. It was very nice to see the community come together."

Those who would like to take part are encouraged to ride bikes to the party, where a bike valet will park your two-wheel ride for you.

CycloMesa Winterfest is scheduled for Decmner 9 from 2:30-5 p.m. Be sure to wear snow clothes for those playing in the snow—it gets chilly fast! Also, come hungry to taste delicious food trucks from across the Valley who will be serving up treats, hot cocoa and warm food.



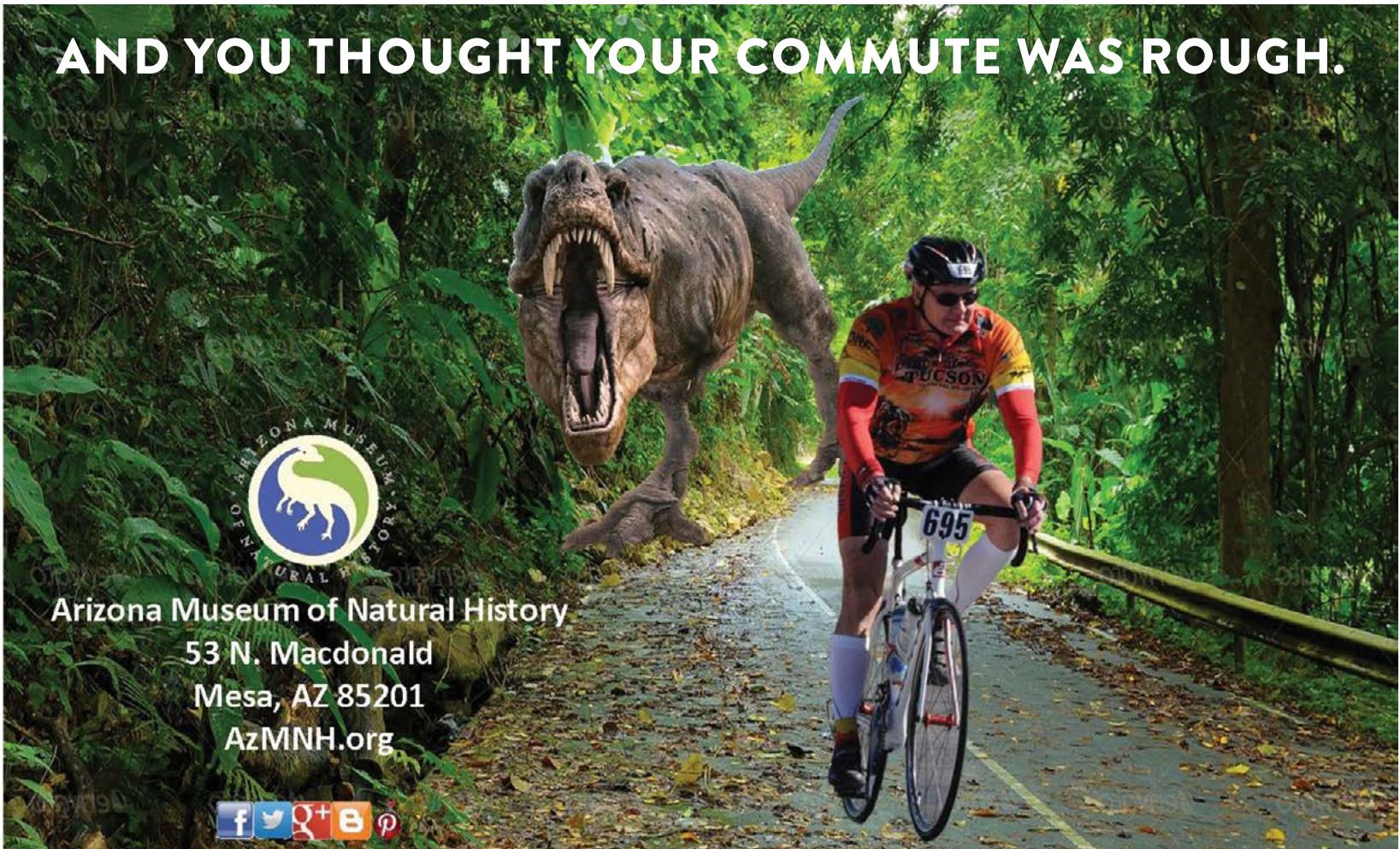
Photo credit: Ryan Glauser




Tis the season to be jolly and enjoy community spirit around you. After the annual Winterfest, stick around and hop on your bike to enjoy the holiday lights around the Alta Mesa neighborhood.


The Mesa Bike and Pedestrian program takes riders on a guided tour to check out all the beautiful holiday light displays. Since it is night, to enjoy all the lights, you are encouraged bring a bike light. Don't have one? City leaders give away bike lights to all who would like one and you get to keep it at the end of the tour.

AND YOU THOUGHT YOUR COMMUTE WAS ROUGH.





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Be Seen, Be Safe



It's the law!



BICYCLE AND PEDESTRIAN PROGRAM

www.mesaaz.gov/bikeped

Cyclists must:

- Have a light on the front of their bike and a reflector on the back.
- Ride WITH traffic, not against.

Remember:

- Always wear a helmet.
- Wear bright & reflective clothing to make yourself more visible.
- Follow traffic laws & ride in a predictable manner.
- Use hand signals so people know where you are going.

Report From Your Ride

Smartphone App Enables Riders to Submit Issues Seen on Bike Trails

By Amy J McConnell

Biking through the City allows riders to see Mesa through a unique perspective drivers don't get. You're up-close and get the option to interact with your surrounding area as you wheel through a neighborhood, bike path or road.

The City of Mesa recently launched CityLink, a smartphone app that helps keep our city clean and safe, including striving to make the City graffiti-free by collecting reports of vandalism from citizens.

How does this impact our biking community? When rolling through the city on two-wheels, especially across the 78-miles of bike paths, we are asking you to report any graffiti you see.

It's easy to report: The app guides users step-by-step to take a photo of the graffiti and submit it. Using the smartphone's built-in GPS, the app automatically collects the location of the request to enable Mesa's graffiti abatement team to be dispatched to the exact location. Once reported, graffiti will be removed within 24 hours on City business days: A standby dispatch crew is on-call during weekends and holidays for offensive graffiti to be removed as quickly as possible.

Going too fast on your ride to slow down and take a picture? You may also call the graffiti hotline at (480) 644-3083 to make a report. To download the app, search Mesa CityLink on your mobile device and download from the App Store or Google Play.



Photo credit Brenton Booth



Report Graffiti Through the City's App

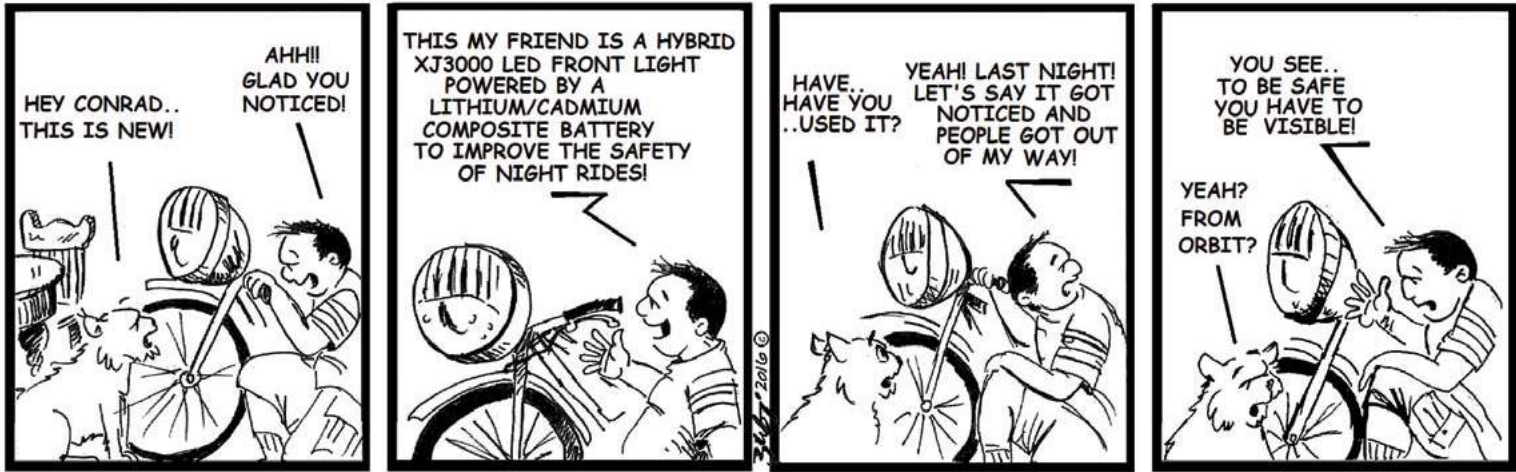
The City of Mesa is dedicated to keeping our community clean and safe, including striving to make the City graffiti-free. **Mesa CityLink**, a free app, helps residents easily report graffiti by uploading an image of the location that goes directly to the graffiti abatement crew for clean-up within 24 hours on business days.

To download the free app, search "**Mesa CityLink**" on the App Store or Google Play.

Don't have a smart phone? Call the graffiti hotline at **480.644.3083**.



CONRAD by Zubi



The average American consumes 200 bottles of water each year.

Go Green.

Use a reusable water bottle instead.

Reduce. Reuse. Recycle.



MesaRecycles.org

› EVENTS


October 4 International Walk to School Day walkbiketoschool.org	October 30 Run Your Race 5k Fun Run runyourraceaz.com
October 6 Run Your Race 5k Fun Run runyourraceaz.com	November 4 Movies in the Park at Escobedo Park 6 p.m. Mesaaz.gov/bikeped
October 7 Tour de Fat Tempe 4 p.m. newbelgium.com/events/tour-de-fat Movies in the Park at Mountain View Park 6:30 p.m. Mesaaz.gov/bikeped	November 8 Bicycling FUN-damentals Adult Class 6 p.m. Mesaalibrary.org/events
October 8 Tour de Scottsdale 6:30 a.m. tourscottsdale.net	November 18 El Tour de Tucson 7 a.m. perimeterbicycling.com/el-tour-de-tucson
October 11 Kids Bicycle Safety Class 3 p.m. Mesaalibrary.org/events	December 6 Bicycling FUN-damentals Adult Class 6 p.m. Mesaalibrary.org/events
October 28 Mesa Adventure Challenge Noon-2:30 p.m. mesaaz.gov/things-to-do/ mesa-adventure-challenge	December 9 CycloMesa WinterFest 2:30-5 p.m. Mesaaz.gov/bikeped
	December 13 Kids Bicycle Safety Class 4 p.m.

› BIKE CLUBS & ORGANIZATIONS

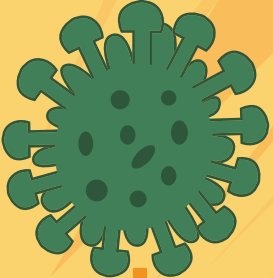
Blazing Saddles Ride Club Group road and mountain bike rides for all levels. Skills and maintenance clinics. meetup.com/bike-masters-bikes-direct-blazing-saddles-rides-club
Gravity Riders Organization of Arizona Advocacy, rider education and trail work. The Gravity Rider community includes downhillers, freeriders, all-mountain riders, dirt jumpers and BMX riders of all ages. gravityridersaz.com
San Tan Shredders Group rides for mountain bikers of all levels. meetup.com/santan-shredders
Tempe Bicycle Action Group Working to make bicycling a prominent, safe and convenient form of transportation and recreation in the region. Also hosts group rides and events. biketempe.org
We-Cycle-USA Help kids and adults in need to recycle and refurbish bikes. wecycleusa.org

› BIKE SHOPS

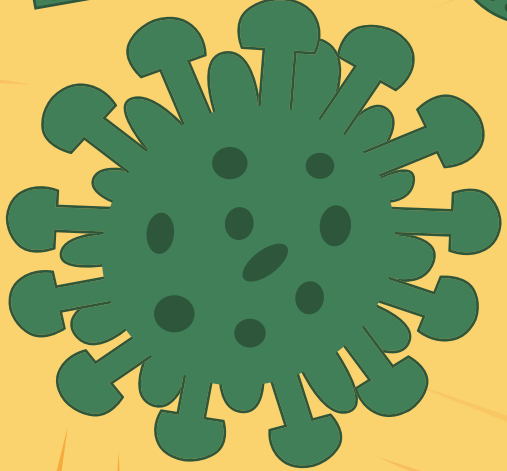
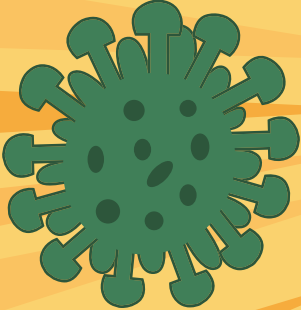
ABC Bicycle & Jetski Rentals 3655 E. Main Street 480-641-2453 abcjetski.com	Adventure Bicycle Company 1110 W. Southern Avenue 480-649-3374 2336 E. Baseline Road 480-649-3394 adventurebicycle.com	Archer's Bikes 1530 N. Country Club Drive 480-275-5818 archersbikes.com	Bikes Direct Mesa 1545 S. Power Road 480-891-8901 bikesdirectaz.com	Bike Masters Gilbert San Tan Village Mall 2244 E. Williams Field Road 480-857-7000 bikemastersaz.com	DNA Cycles 2031 N. Power Road 480-924-2453 dnacycles.com	Electra Bike Shop 1545 S. Power Road 480-428-2349	Mike's Bike Chalet 5050 E. University 480-807-2944 mikesbikechalet.com	Paragon Cycling 1106 N. Gilbert Road 480-830-1620 paragoncycling.com	Performance Bicycle 1155 S. Power Road 480-832-0034 performancebike.com	Two Wheel Jones 2837 N. Power Road #110 480-380-8222 twowheeljones.com
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This flu season, Mesa Fire and Medical Department asks you to take action and ...



STOP the spread of GERMS



- Wash your hands often with soap and water.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- While sick, limit contact with others as much as possible.

Follow us on ...     **#MesaFireDept**



Celebrating 60 Years In Mesa!!

[www.marccr.com](#) 924 N Country Club Dr., Mesa, AZ 85201

FOR INFORMATION ABOUT OUR 60TH YEAR DIAMOND JUBILEE CELEBRATION CONTACT
JEFF BAYER AT 480.969.3800 EXT 1090 or JEFF.BAYER@MARCCR.COM

Marc Community Resources is a 501 c 3 and a qualifying organization for your tax credit donation!



CONNECT with MESA on SOCIAL MEDIA

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<http://mesa11.com/realmesa/>

Check out our Vlog “Real Mesa” with **Rihana** and **Brittni**. #RealMesa



BICYCLE AND PEDESTRIAN PROGRAM

www.mesaaz.gov/bikeped

Recent trends continue to highlight a strong desire for communities to be bike-friendly, and the City of Mesa's Transportation Department Bike & Pedestrian Program is continuously working on creating enhanced pedestrian pathways to provide safe connections for residents to travel through the city on two-wheels.

Stay up to date with current projects and announcements!

Sign up for e-notifications on Mesa's Bike & Pedestrian Program at mesaaz.gov/bikeped or follow us:



MesaBikePedProgram



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